

FOR IMMEDIATE RELEASE

Gay/Lesbian Communities Fight Anti-Gay Bills

The Indiana gay, lesbian, bisexual and transgender communities continue to fight several anti-gay bills in the Indiana General Assembly. One of the main bills being fought is the Anti-Gay Adoption Bills in both the House and Senate. At the time of this publication's deadline, a hearing in the Indiana Senate had tentatively been set.

Justice is encouraging activists to write their legislators to express their opposition to these bills (House Bill 1055, SB 560), by writing them at: State House, 200 W. Washington Street, Indianapolis, IN 46204.

To find out who your elected official is, call Justice or your local election board, or check out the following web site: <http://www.vote-smart.org/cc/s-districts/IN.html>.

Justice also continues to monitor other bills that impact our community. There are 6 hate crimes bills being considered in the General Assembly. Should one be called for a hearing, Justice will work to keep sexual orientation in these bills.

Another bill in the Senate would regulate adult businesses. This would impact all adult businesses, and could greatly impact gay and lesbian businesses. Justice is lobbying behind the scenes on this issue. Justice is raising money to help the group pay for a lobbyist, send out action alerts (11,000 have already been sent out), and to pay for phone banks and other expenses to mobilize our community. More money is needed in these efforts. To contribute, send your check made payable to Justice, and mail it to: Justice, Inc., PO Box 2387, Indianapolis, IN 46206



Justice, Inc. announces:

"It's Our House Too: A Celebration of GLBT Equal Rights"

An Event in Response to Anti-Gay Adoption Bills. This Event is sponsored by Justice, Inc. and GLBT Fairness Indiana

Saturday, March 13, 3-5 P.M. Plan to Attend!!

A Gathering at the Indiana Statehouse, In The Rotunda, Indianapolis. There will be refreshments, music, dancing and talks about GLBT civil rights, the anti-gay adoption bill and hate crimes. All those interested in gay, lesbian, bi and transexual civil rights are strongly encouraged to attend.

Call 317-634-9212 or e-mail president@justiceinc.org for more information

ABOUT JUSTICE, INC.: Justice, Inc. is Indiana's statewide civil rights organization on gay, lesbian and HIV issues. Justice needs donations of both time and money to help us fight for our legislative issues. To be added to our legislative alert system e-mail alerts@justiceinc.org.

Your gift of \$25, \$50, or \$100 would be greatly appreciated. Your contributions will be combined with those of other Hoosiers from around the state to support a professional lobby effort.

Justice, Inc. P. O. Box 2387 Indianapolis, IN 46206
(317) 634-9212
e-mail: info@justiceinc.org
web site: www.justiceinc.org

SATURDAY, March 13, we encourage all to attend the Justice rally in Indianapolis to show your support

Open Arms has temporarily rented two vans to go to Indy on March 13th which we hope to fill. If you are interested in going via van - we need to have your check or cash for \$10.00 per person no later than March 10th. Please mail your check to the Open Arms P.O. Box. If you would prefer to follow us in your own car, meet at Southside Church no later than 10:00 a.m. We will depart at 10 a.m. and go to Shapiros for lunch, and then to the Capital Rotunda for the rally. Any questions?, call 271-0338, or e-mail one of the staff listed.

VALENTINE'S DANCE HUGE SUCCESS! Great fun, luscious food, beautiful decorations, good music (by Backstage Productions), and congenial company. A wonderful mix of people joined together for a delightful evening at Southside for a Valentine's Dance and fund raiser for Justice, Inc. who is fighting hard for us to kill the Anti-Gay Adoption Bill and keep sexual orientation in the Hate Crime Bills. Close to \$400 was raised and a good time was had by all. Consensus was to do it again this summer outside, so stay tuned for more details.

**** Coming in April - Jamie Anderson - more details in the April newsletter.

COMMUNITY EVENTS

"SINGLED OUT" for March features a "Potluck/St. Patrick's Day Party, March 20, 6:30 P.M. Hosted by Jane and Mary in Elkhart....suggestions: bring a dish to pass, bring a friend, wear something green And remember, come one, come all. You can join this party- single or not!! For more information call Linda, 219-257-9082 or Lynn: 219-259-6801 or Jane & Mary 219-293-6275



Women In the Arts, March 11, in Indy at The Vogue in Broadripple in concert...Barbara Higbie & Teresa Trull advanced tickets: WIA Productions, P.O. Box 1427, Indianapolis, IN 46206 or Credit Card 317-927-9355, at the door \$18.

Mountain Moving Coffeehouse: 1650 West Foster, Ebenezer Lutheran Church, Andersonville, IL 773-973-9934

Saturday, March 6, 7:30 P.M. Teresa Trull & Barbara Higbie, a dynamic piano and fiddle playing duo plays blues, gospel, folk, rock and jazz

Saturday, March 27, 7:30 P.M. Ubaka Hill, drummer extraordinary, in concert. She will also hold 2 drumming workshops. To sign up for one of the workshops, please contact Toni Jr. at 773-769-9009 or ToniAJr@aol.com

Eureka Springs, Arkansas Diversity Celebration...April 9-11 Opening ceremony at the Unitarian Church, 24 panels of the AIDS quilt will be on display, Friday dance from 8:30 to 12:30am in the Ozark Room of the Basin Park Hotel, Saturday features a guided historic tour of the village and musical entertainment at the Mud St. Espresso Café, Sat. dance 9:00 to 1am in the Ballroom of the Basin Park Hotel or check out the live entertainment 10pm to 2am at Center Street South Club, Sunday morning closing ceremony and folding of the quilt at the morning Unitarian service, Tea Dance and Drag Show at Center Stage 2-6pm.....More information at www.shimaka.com/eureka/diversity or e-mail: emrain@ipa.net or call Linda Williams 501-253-5445

COMMUNITY SPIRIT Area's (St. Joseph, MI) newest social/activity group. Meetings are the 2nd & 4th Wednesday of the month. More info, call Julie 616-982-1300 or Terry Kuseski at 616-925-7371, or e-mail Julie at MsJKK2U@aol.com

KALAMAZOO GAY/LESBIAN RESOURCE CENTER, C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001 voice mail: (616) 349-4234

LESBIAN GROWTH & SUPPORT GROUP

meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. Info....219-424-7977

Also in Fort Wayne...G/L/Bi/T Helpline 219-744-1199 Mon.-Thurs., 7-10 pm, Fri.-Sat, 7-12 am, Sun, 8-9 pm

LESBIAN SUPPORT GROUP Every Tuesday 7-9 P.M. For Info, write: LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

NATIONAL ORGANIZATION FOR WOMEN (NOW) ***** New dates for the next few months.....

Child care is available and provided for free if you call Ellyn 289-2126 by Monday before the meeting. Meetings are open to the public and will be the fourth Wednesday from 7 - 9 p.m of each month (thru May) then cancelled during the summer until September, Lower Level...St. Joseph County Public Library, 304 S. Main, S. Bend, more info: Penny 291-2342, Rhoda 288-7123

NORTH/CENTRAL ALLIANCE Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....North/Central Alliance, P.O. Box 186, Kokomo, IN. 46903.. Voice Mail 317-454-8868

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 p.m. the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. For Info...Nancy 219-277-2684, or write P.O. Box 4195, S. Bend, 46634

SAPPHOS NETWORK A support/study/social group for N. Cent. IN, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

THE TREVOR HOTLINE National toll-free suicide hotline for gay and questioning youth. It's open 24 hours a day, seven days a week, 365 days a year. Teens can call 1-800-850-8078, where they can talk to trained counselors. All calls are free and confidential. For more information about the Project, visit www.trevorproject.com

TO LIST YOUR GROUP OR UPCOMING EVENT ON THIS PAGE: PLEASE allow 45 days advance notice and send the information to: PO BOX 845, MISHAWAKA, IN 46546

MUSIC AT THE ELECTRIC BREW



March 27...*Unchaining Alice* will be performing songs by Ann Reed Chris Williamson, Judy Small, Holly Near, Sweet Honey in the Rock and others.

April 18....*Wishing Chair*, the delightful duo from Lexington, KY is returning for a 7 P.M. Sunday Show performance and there will be a \$5.00 suggested donation

Performances begin at 8 P.M. unless noted

136 S. Main, Goshen, IN

March 4

Happy Birthday to Janet!
She'll be 50, so have some fun.



I went to a bookstore and asked the saleswoman, "Where is the self-help section?" She said if she told me, it would defeat the purpose.

LESBIAN PROVERB:

Panties not best things on earth, but next to it.



by Lee Lynch

Lover was out of town, working in some snowy outback, so the Hotelier and the Revered Poet helped me survive my loneliness over an elegant dinner. Outside it hailed furiously. We three huddled around the candlelight and talked lesbian talk, sometimes exchanging chat with the friendly gay gentlemen at the next table.

Settling down was particularly welcome that evening because, without Lover to scan the dark roads for me, I'd managed, in the midst of a perfectly legal u-turn, to sink my front tires into someone's lawn. I'd burst into the restaurant to announce my crisis. The hostess and we three became a maelstrom of activity. AAA pledged to arrive in thirty minutes.

Meanwhile the Hotelier, stalwart butch that she is, said, "Let me take a look" and, with fists burrowed into slash pockets, longshoreperson's cap on her head, she strolled out to the hail and gusting winds. I followed. I'd wondered if I could drive my way out of the mud, but the Hotelier wasted no time wondering. Under her measuring eye I plunged forward onto concrete and rolled to safety. Who needs AAA when one's got two good butches around?

Over blackened catch of the day, a fisherman's stew and other delicacies we spoke about our creative drives and what got our juices going. The Revered Poet talked about the arts and group process and shared writing. I spoke of the joys of silent hours alone with my imagination. The Hotelier thought for a while and announced that starting a new business gives her that creative jolt.

Decadent desserts were wheeled to our table. The three of us chose two to share. As we plunged into them, we also plunged into business dreams. My favorite was The Screening Me- Me's. We'd be on call to repair window and door screens at homes and businesses. Of course that one won't work because every glass company in every strip mall in every town already does it. The other ideas I won't reveal because who knows, the Hotelier may pull one of them off.

My little brainchild is called Butch Gear/Pretty City: A catalogue for women afraid of hardware stores and their partners who fear lingerie shops. Femmes (or het women) don't understand what a thrill the gift of a four-in-one screwdriver or a pocketknife can bring a butch (or male partner). On the other hand, what butch (or...) wants to receive a Victoria's Secret catalogue in the mail? The BC/PC catalogue offers selections guaranteed to please your other half, without exposing you to the trauma of cross-shopping.

I have to admit this potentially booming business was inspired by a femme. Not Lover, who is wonderful about supplying me with gadgets, but an e-pal who told me of gifts she'd bought her very significant other. They were perfectly good gifts, but I had to suggest that she think in future about presenting the four-in-one screwdriver as a token of her affections. Her response appeared on my monitor like this: WHAT IS A FOUR-IN-ONE SCREWDRIVER? TO KEEP MY WOMAN, ARE YOU TELLING ME I MUST ENTER THE HARDWARE ZONE? OH, GODDESS!

I try to live up to my soft butch image, so I offered to shop for her and now have in my possession, ready for shipping, a red-handled screwdriver with two slotted and two Phillips head fittings that cleverly disappear into the handle and themselves. I couldn't resist a companion tempered steel mini-pry bar (one for me too!), which pulls nails and staples, pries lids, drawers and moldings and scrapes glue and caulking! (Surely it could have pried my car from the muddy lawn?) Tomorrow, when the knife shop opens, I'll go get another pocket knife. The knife peddler knows my weakness for gadgets and last week animatedly shared his newest find: a ten dollar, clear-handled pocket knife with a tiny red bulb that serves as a flashlight and bathes the whole knife in a red glow. Be still my heart.

Of course I made the leap from helping out an e-pal to opening butchgear.com within seconds. Pretty City followed naturally. Not every woman hungers for a pocket wrench. Lover must be growing bored of the all-occasion bouquets she receives for every occasion. Not to worry, Pretty City came to my rescue for Valentine's Day! I gave her, you guessed it, a pocket knife that glows red in the dark like my loving heart! It's true, not every femme hungers for a pink teddy. Maybe, I'd better check with the experts at prettycity.com.





WELLNESS CORNER

By Susan Myers, R.N., LCSW, HTP, Holistic Health Counselor

Ten Steps Toward Practical Wellness: Part I

Without a doubt, wellness has moved into our culture. For example, there is a multitude of journalism that covers topics such as physical fitness, stress management, nutrition, healthy relationships, stopping smoking, and lowering cholesterol. What is the motivation to make changes and what is blocking it?

Generated from the growth in wellness comes some basic principles that help us move toward practical wellness. These are listed as ten steps:

1. Acknowledge that wellness is a total concept that involves the body, mind, and spirit. It no longer works to just focus on one aspect of our humanness while ignoring other aspects of our lives.

Imagine each dimension of wellness in your life like a spoke on a wheel. Draw a picture of the "wellness wheel," extending your physical fitness spoke, your spiritual development spoke, your relationship spoke, your nutrition spoke, etc., out as far as you feel you have developed it, and practice what you preach. Do you have a wheel that rolls reasonably well? Or do you have some under developed areas? Where do you need to put your energy into learning more and practicing more? It takes some commitment!

2. Self-esteem is a critical factor in change. Wellness is caring enough about yourself to take stock of your life, make the necessary changes and find the support to maintain your motivation. Heal the wounds. Find out what is holding you back from feeling good about yourself and work through the blocks, not around them.

Author of *"Love is Letting Go of Fear,"* Jerry Jampolsky, says: "Everything we do comes either from love or from fear." Where do your wellness lifestyle efforts come from? This requires a willingness to honestly look at many aspects of your thoughts, feelings, attitudes and behaviors. It's not much fun for most of us wanting to change, but the benefits for doing so are rich and make us stronger, healthier people.

Identify one negative message you frequently say to yourself. Relax for a couple of minutes while you attend to deep breathing and letting the tension melt from your body. As you recall this message, say out loud, "WHO SAYS?!" Notice who flashes into your awareness: a parent, peer, teacher, clergy, sibling? This will help you define with whom you have unfinished business. Remember that relationships are two sided and we have many opportunities to grow, no matter what the defining characteristics are. We enter into a relationship to learn lessons about life, about ourselves and each other.

3. As we surround ourselves with relationships, they either help us stretch our wings and soar, or clip them again and again. Have you ever had the experience of someone verbally beating you down when you are trying to move forward in personal or professional growth? Positive peer health norms encourage wellness lifestyle changes. Mutually beneficial relationships with friends, lovers, family and colleagues who care about us as people are what we need to seek and create in our lives. Notice OKAY and not OKAY feelings when you are with friends or family. Giving and receiving strokes are what it's all about. Healthy friends keep each other well.

List who has joined your inner circle of supportive friends in the last ten years. Give thanks, or grieve and let go of unhealthy friends and make room for greater opportunities for healthy relationships.

4. Break out of the trance! Conscious living means becoming aware of all the choices we have and acting on them. It involves a realization that we don't have to run our lives on automatic pilot. We can turn off the television (remember TV means "time vacuum"), read labels, turn off the lawn sprinklers when we have enough rain, notice how our food tastes, notice how tense and contracted we are when we drive 15 mph over the speed limit, etc. There are many, many activities that we do on "auto - pilot." It means consciously working on our relationship, life goals, and maximizing our potential.

For three workdays in a row minimize your attachments to the world of the media. No radio, television, internet (Oh, No!), newspapers, or magazines. See what you become aware of about yourself and the world around you. This IS a challenge!

5. A sense of connectedness to other people, other species, the earth and the "something greater," grounds us in our lives. We are all of one heart. Much of this sense can come out of the land upon which we live. By identifying with where we live and getting to know the plants, animals, weather patterns, water sources and the landscape itself, we develop not only a love of it, but feel that love returned. Through our commitment to our planet, we value and protect our environment by the way we live our lives, and by how we speak to each other. Through our contact with the natural world we experience a solid sense of belonging, peace and harmony.

Theologian Matthew Fox likes to say that we can relate to the earth in many ways. We can exploit it, recreate on it, or we can be in awe of it. I believe it is within a sense of awe that our potential for growth and healing is multiplied.

Spend twenty minutes in a "natural" area just listening to every sound you hear. Locate its origin. Identify patterns. Try it with your eyes closed part of the time. Cup your hands behind your ears and try again. Note your awareness.

Part 2 will be continued next month.



COURT OF FRIENDS



Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another.

Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number. Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

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JUSTICE SEEKS INTERNS.....Justice, Inc., Indiana's statewide civil rights organization on gay, lesbian & HIV issues, works with colleges and students to provide opportunities for students interested in gay, lesbian and HIV issues to do internships which include lobbying, activism, organizing, media work and many other activities. Justice will work with the intern on specific projects depending on the candidate, length of internship and credit hours. Call Justice at 317-634-9212 or e-mail president@justiceinc.org with questions. To apply: send a cover letter, resume and contact information with 3 references to Wally Paynter, Justice President, P.O. Box 2387, Indianapolis, IN 46206

1999 FESTIVAL SCHEDULE

This list first appeared in *Lesbian Connection*, the free nationwide forum of news and ideas for lesbians. For more info or to get on LC's mailing list, lesbians should write LC, c/o Ambitious Amazons, P.O. Box 811, East Lansing, MI 48826

Gulf Coast Womyn's Festival: April 1-4 at Camp Sister Spirit, GCWF, Box 12-LC, Ovett, MS 39464

Campfest: May 26-31, Campfest, PO Box 559, Franklinville, NJ 08322

Spring Fling: May 28-31 in the N.C. mountains, CP, 390 Garden Lane, Atlantic Beach, FL 32233

Virginia Women's Music Festival: June 3-6, INTOUCH, Rt 2, Box 1096, Kent's Store, VA 23084

Womongathering: June 10-13 in Poyntelle, PA, PO Box 559, Franklinville, NJ 08322

Nat. Women's Music Fest: June 17-20 in Muncie, IN, WIA, Dept LC, PO Box 1427, Indianapolis, IN 46206

Golden Threads' Celebration: June 25-27 in Provincetown, MA, GT, PO Box 65, Richford, VT 05476-0065

Drumsong: July 2-5 in the N.C. mountains, CP, 390 Garden Lane, Atlantic Beach, FL 32233

Nat. Conference For Lesbians of Size: July 9-11 in Kingston, NY NOLOSE, 245 Eight Ave. NY, NY 10011

Mich. Womyn's Music Fest: Aug. 10-15 near Hart, MI WWTMC, PO Box 22, Walhalla, MI 49458

NE Woman's Musical Retreat: Sept. 3-6 in Marlborough, CT NEWMR, PO Box 57, Hartford, CT 06141

Star Fest: Sept. 3-6 in the N.C. mountains, CP, 390 Garden Lane, Atlantic Beach, FL 32233



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IN THE NEWS

From the Indiana NOW Report:

Tampons contain two things that are potentially harmful: Rayon (for absorbency) and dioxin (a chemical used for bleaching the products). Dioxin is potentially carcinogenic and is toxic to the immune and reproductive systems. Rayon contributes to the danger of tampons and dioxin because it is a highly absorbent substance and when fibers from the tampons are left behind in the vagina, it creates a reservoir for the dioxin. This is also the reason that TSS occurs.

The alternatives are using feminine hygiene products that aren't bleached and that are all cotton. Pads and napkins also contain dioxin but are not nearly as dangerous since they are not in direct contact with the vagina.

Natural brands include: Natracare, Organic Essentials brands, Tampax 100% Naturals, and Terra Femme (www.biobiz.com/terrafemme/) Unfortunately, there are very few companies that make these safe tampons. They are usually only found in health food stores.

TAKE ACTION:

Tell people, write to the companies-Tampax, Playtex, O.B., Johnson & Johnson, & Kotex. Call the 800 telephone numbers on the boxes and let them know that we demand a safe feminine care product, all cotton and unbleached.



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Welding techniques taught by Zealla Flores 219-233-7436 ext. 22

We would be happy to add your service and telephone # to this column for free; just send the information to P.O. Box 845, Mishawaka, IN. 46546

OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publication or special interest groups.

Justice, Inc.

Seeks Volunteers for
Lesbian Health Project Speakers Bureau
Voters Registration Drive

For more information, contact Justice at:
(317) 634-9212 or e-mail us at
lesbianhealth@justiceinc.org
Justice, Inc., PO Box 2387, Indianapolis, IN 46206
Justice, Inc. is Indiana's Statewide Civil Rights Organization
On Gay, Lesbian and HIV issues

OPEN ARMS STAFF

Please send submissions to
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P.O. Box 845, Mishawaka, IN. 46546

For more info contact any staff member...

e-mail address mbdjkj@juno.com
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Kaye & Marcia.....219-271-0338
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For the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month

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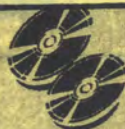
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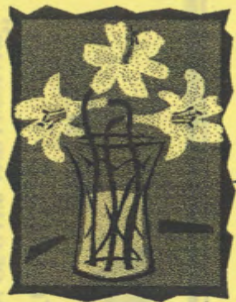
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 28 Melissa P.
 30, Lisa T.

St. Patrick's Day...17th

Spring Begins.....21st

Palm Sunday.....28th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 1	2	3	 4	 5	6
7	 8	9	10	11	12	13
14	 15	16	 17	18	19	20
 21	22	23	 24	25	 26	27
 28	29	 30	31			